

ON-CAMPUS COURSES

Fridays, Oct. 14 - Nov. 18

1:30-2:30p.m. SPANISH LANGUAGE &
CULTURE

This course is comprised of a language component with an emphasis on basic conversational Spanish as well as cultural aspects which consist of music, literature, etc., which highlight the various countries of Spanish America and Spain. Students will receive handouts and information to complement each session.

FACULTY: Myrna Diaz, M.A. is Administrative Assistant to the President and Language Consultant, Los Angeles Philharmonic. She earned her B.A. in Spanish (Language and Literature) from UCLA and M.A. from CSULA in the same field. Ms. Diaz plays violin and guitar and sings a variety of styles ranging from folk, pop, rock, opera and mariachi music with a repertoire of songs in many languages (English, Spanish, Portuguese, German, Italian and French).

On-Campus Courses will be held at the Roybal Institute, Salazar Hall C120 in Rm. C98

OFF-CAMPUS COURSES

Two Off-Campus Courses are offered on
Mondays

Sept. 26 - Oct. 24

1:00-2:30p.m. READING &
INTERPRETING POEMS

S. Pasadena Senior Center
1102 Oxley Center
South Pasadena, CA 91030
Phone: (626) 403-7360

Faculty: Peter Brier, Ph.D., Professor of English Emeritus, taught at CSULA for thirty years; named "outstanding professor" & author of numerous articles & two books: *American Prose & Literary Criticism 1900-1950*, Gale, 1981 & *Howard Mumford Jones and the Dynamics of Liberal Humanism*, University of Missouri Press, 1994; directed and taught the Senior Curriculum at Pasadena Senior Center on The Great Poets.

Mondays, Oct. 10 - 24

5:30-7:00p.m. COMPUTERS & INTERNET

Pasadena Training Center
3500 East Colorado Blvd., Suite 200
Pasadena, CA 91107
Phone: (626) 529-2580

Faculty: Sidney Soclof, Ph.D., Professor Emeritus at CSULA, taught over 40 years in the Dept. of Electrical & Computer Engineering. He has written several textbooks & contributed to various engineering handbooks. He has taught & lectured for Elderhostel, Senior Summer School & on various cruise ships.

California State
University, Los Angeles



Osher Lifelong Learning Institute (OLLI)

"Empowerment Through Learning"

Non-credit classes for Adults 50+

Fall Course Schedule

**Sept, Oct., Nov. & Dec.,
2005**

**In collaboration with the
Edward R. Roybal Institute
For Applied Gerontology**

**California State University, Los Angeles
5151 State University Drive
Los Angeles, CA 90032**

ABOUT OLLI:

OSHER LIFELONG LEARNING INSTITUTE

(OLLI) at Cal State L.A.

offers an exciting array of classes, presentations and special events for persons age 50+ to remain vibrant in mind, body and spirit. Fulfilling the mission of the Bernard Osher Foundation to promote “learning for joy and personal fulfillment” and embracing the Cal State OLLI motto of *Empowerment through Learning*, members can enjoy classes in literature, history, computers, tai chi, and more. Our faculty are outstanding in their fields, including professors from Cal State L.A. and area universities. Volunteer opportunities are also available.

OLLI Director Connie Corley (Professor, School of Social Work) and Co-Director Kim Miller (Professor, School of Nursing and Acting Director, Roybal Institute) invite you to join OLLI and to be part of a wonderful learning community.

Annual membership rates start at \$45 with discounts on courses, and non-members pay \$10 for individual class sessions. For more information contact Administrative Coordinator Marivic Erskine: 323-343-4695 or

merskine2@cslanet.calstatela.edu

WEB ADDRESS:

<http://www.calstatela.edu/exed/profdeve/osher/>

ON-CAMPUS COURSES

Fridays, Oct. 14 - Nov. 18

9:00-9:30 a.m. PHYSICAL & MEMORY

EXERCISES

This course will discuss the importance of exercise for older adults and the variety of benefits derived from exercise. In addition, exercises and exercise programs that are designed for older adults will be presented. Students will be led through a demonstration of exercises that can be done at home, and will receive information on how to begin and maintain a healthy exercise program which will benefit them not only physically but also mentally by improving self-esteem and body satisfaction. Students will receive handouts and information to complement each session.

Faculty: Tamar Z. Semerjian, Ph.D., Assistant Professor in the School of Kinesiology and Nutritional Science, teaches courses in sport psychology, sport sociology, research methods, and cultural studies of sport.

Dr. Semerjian has been teaching exercise classes to older adults for over 10 years. She has conducted research on the relationship between exercise and physical self-perceptions, functional fitness, and comparison style among older adults. Her primary interest is finding ways to improve exercise environments to increase exercise participation and adherence, as well as improve fitness and self-esteem.

ON-CAMPUS COURSES

Fridays, Oct. 14 - Nov. 18 *

10:00 - 11:30a.m. THE CONSTITUTION

This course will survey the highlights of American constitutional development, focusing on Creation and Interpretation of the Constitution, Mr. Madison’s Bill of Rights, the Great Chief Justice, Who Counts (and Whose Vote is Counted), the Other Great Chief Justice, and Chief Justice Warren’s (and his successor’s) Bill of Rights.

Faculty: Donald O. Dewey, Ph.D., Professor Emeritus of History and Dean Emeritus of Natural and Social Sciences, has published 11 books, largely in constitutional history. He was honored as Outstanding Professor in 1976.

Faculty: Kenneth A. Wagner, Ph.D., Professor Emeritus of Political Science with a focus on constitutional law, is co-author of several books with Dr. Dewey in addition to his own book on students’ political development. They have teamed to present several nationally funded teacher institutes on the Constitution and Bill of Rights.

11:45-12:30p.m. TAI CHI * (begins Oct. 7)

Instructor: Frances Ng

Ms. Ng, President of the South Pasadena Tai Chi Club is in-house 15th generation disciple of a Chinese Taoist descendent of the Wudang San Feng Tai Chi. This style of Tai Chi Chuan is a direct descendent of the Tai Chi Chuan practiced by the original Master Zhang, San Feng.

